

## Smudging and House Blessings

I'm going to address a lot of things here, so please understand that some of these may be things that have already been talked about, and/or done. I simply want to put us on the same page. First, there's the Native American tradition of smudging. As to the frequency of it, until things become quiet, I would recommend as often as your intuition tells you. Of course if there is an issue with the smoke that is produced with the sage, there are other alternatives to consider. First of all, you can use the essential oil for sage, and place drops where you feel they would be most effective. Or, you can place that essential oil into an aromatherapy burner with water, and approach things that way. There are also spray sage solutions that can be used as well. The point I'm making here is that there is a lot of versatility when it comes to smudging, so if there is an issue with smoke, that can be worked around. If this is the first time the abode is being smudged, then of course it's going to take more smudging initially to cleanse the area, and then it can be backed off to a more regular schedule when the energy feels better.

Next, you can look into the use of semiprecious gemstones. These can be used a variety of ways. For example, you can take 4 appropriately sized pieces of Black Tourmaline and bury them at the four directions of the property. This creates an energetic grid that surrounds the property, repelling those things that are not of the light. Another method that you can use is to take a small pocket pouch and place stones themed around protection in it. Then you can either a) put this pouch in a pillowcase, or b) put this pouch in between the mattress and the box springs; whichever is most applicable. As a point of perspective, this doesn't have to be big and/or elaborate. This can be assembled for approximately \$7 with supplies that you could get at Pathways. The kinds of stones that you are looking for are stones that have to do with protection, such as Black Tourmaline and Labradorite, to name a couple. Also, black stones in general work because black is associated with protection.

The power of prayer and blessings can be very potent, and this is worth looking into, because this can be tailor-made in accord with one's spiritual path. For example, in the Christian belief system, the archangel Michael can be called on. I personally recommend this at night, when nightly prayers would normally occur. As another side to this, when morning prayers would normally happen, you could call on a different archangel to bless things during the day. As you can see, this can be tailored to you, your loved ones, and the belief systems involved.

Check the history of the house. This is worth noting because normally when there are traumatic events that have happened the entities involved are emotionally tied to the place they occurred. This is powerful to note because these beings can be encouraged to go to the light, so to speak. This kind of communication can be done in accord to the cycles of the moon. A traditional way this is done is to light a white candle on a full moon, and basically have a mini-prayer/conversation with the energies present, encouraging them with peace, and reassuring them that you mean them no harm, and that it's time for them to move on. Check the immediate area. There may be places like cemeteries, etc., that can have an impact on what is occurring there. For example, if there are a lot of cemeteries in the area, then what you may be experiencing is walk through traffic as souls roam.